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MyTime Cumbria staff on the details provided on the back of this leaflet.  
MyTime Cumbria Emotional Health and Wellbeing Services for children and

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young MyTime Cumbria people throughout Cumbria. Stricklandgate House 92 Stricklandgate Kendal LA9 4PU Telephone: 01539 742626 Email: MyTimeCumbria@barnardos.org.uk What young people have to say about ...

## **MyTime Cumbria What young people have to Contact details**

MyTime Cumbria . Service type Mental health. About this service. My Time is part of the CAMHS service provision for children and young people needing emotional health and wellbeing support. MyTime work with mild to moderate emotional health presentations such as anger, anxiety, ...

## **MyTime Cumbria | Barnardo's**

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## **Have To Contact Details ...**

MyTime Cumbria, Kendal. 32 likes · 2 talking about this. MyTime Cumbria supports children and young people aged between five and eighteen who are presenting with mild to moderate emotional wellbeing...

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## **Mytime Cumbria What Young People Have To Contact Details ...**

Mytime Cumbria What Young People MyTime Cumbria supports children and young people aged between five and nineteen who are presenting with mild to moderate issues including anger, Page

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2/11. Read Book Mytime Cumbria What  
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Details anxiety, low mood, self harm and

## **Mytime Cumbria What Young People Have To Contact Details**

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People Have To Contact Details Slide 1  
Tier 3 CAMHS is a service for children,  
young people and families with  
significant, severe, complex or  
persistent emotional, mental

## **Mytime Cumbria What Young People Have To Contact Details**

MyTime Cumbria The MyTime Cumbria  
service is now available. MyTime  
Cumbria provides a free, safe and  
confidential service to support the  
wellbeing and mental health of children  
and young people living in Cumbria.  
Referrals into service can be made via  
your local CAMHS team. For general  
enquiries call Barnardo's on 01539  
742626

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## **Slide 1**

My Time is part of the CAMHS service provision for children and young people needing emotional health and wellbeing support. MyTime work with mild to moderate emotional health presentations such as anger, anxiety, low mood, self-harm and depression.

## **Children and Young People's resources - Carlisle Eden Mind**

Young Cumbria is one of Cumbria's leading youth charities. We provide services that empower young people to create positive change in their lives and in their communities. Youth Work Projects. It has been developed in direct response to need identified through consultation with young people and data evidence.

## **Young Cumbria**

Amaze service assesses young people aged between 14 and 35 to see if the service is right for them. It's natural for young people to experience mood

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changes for any number of reasons; but for some young people it might be a sign that they're developing a psychosis.

## **Resources for Young People - MindLine Cumbria**

MyTime Cumbria (Barnardos) Primary Care Mental Health Service MyTime has put in place a new model of working throughout Cumbria, to provide support during the COVID-19 Pandemic. All new referrals will have a Primary Assessment Meeting online, through an approved platform, or by telephone as part of a three-stage process.

## **Healthier Lancs and South Cumbria :: Support resources**

Homestays, Cumbria's Supported Lodgings scheme was established in 2008. The scheme was set up in response to the growing number of young people leaving the care of the Local Authority who needed support to make the transition to independence.

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## **Homestays - young people | Cumbria County Council**

Referrals can be made directly by contacting My Time on the number below: MyTime Cumbria Telephone: 01539 742626 (Working Days: Monday-Friday 9am-5pm) My Time will continue to triage with CAMHS on a daily basis and will also support Early Help to ensure that young people referred to services access the correct service at the earliest opportunity.

## **Emotional Wellbeing and Mental Health advice & support ...**

The team have welcomed a new addition recently who will work primarily in South Cumbria. Nikki Swan is the new primary mental health worker (PMHW) who will be the link in with schools across the area and any queries can now be directed to her by emailing [nikki.swan@barnardos.org.uk](mailto:nikki.swan@barnardos.org.uk) Nikki, who is originally from Yorkshire, qualified as an adult humanistic integrative therapist.



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## **Healthier Lancs and South Cumbria :: New primary mental ...**

My Time will continue to triage with CAMHS on a daily basis and will also support Early Help to ensure that young people referred to services access the correct service at the earliest opportunity. They will continue to offer online and telephone support to professionals across the County and support them with identifying suitable and relevant interventions that are available.

## **South Cumbria Pupil Referral Unit » Well Being**

Young People. Dream jobs with world-leading brands, right here in Cumbria. From Advanced Manufacturing, to Health and Social Care, Fashion, Food and Drink, Logistics, Construction, Law, Nuclear, Hospitality, Agriculture, Finance and everything else in between, this webpage will give you fresh insight into the many great career, training and

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apprenticeship opportunities available in Cumbria.

## **Careers in Cumbria for Young People | Cumbria LEP**

The Tier 3 CAMHS team members include a range of mental health professionals and specialists who are trained and experienced in working with young people and their families. MyTime is a Tier 2 CAMHS service and offers support for children and young people experiencing mild to moderate mental health issues by providing early targeted interventions, usually through around 6-8 sessions.

## **Lancashire & South Cumbria NHS Foundation Trust - Service Page**

In terms of deprivation amongst young people, there were a significantly lower proportion of children in low income families in Cumbria (15.5%) in 2014 than in the North West (22.8%) and the country as a whole (20.1%). Below are some key statistics relating to children

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and young people in Cumbria.

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